

NOVEMBER 19-20

TAKE YOUR BOW KNOWLEDGE TO THE NEXT LEVEL

FRIDAY & SATURDAY

BEYOND

ONLY \$100

LIMITED SPACE
AVAILABLE

BOW

Presented by: Alabama Conservation and Natural Resources Foundation, Inc.
in conjunction with State Parks Division & Oak Mountain State Park

Registration begins at 1:30 PM on Friday, November 19. Supper will be served at 6:30 PM.

Registration fee is **\$100** and covers meals, lodging, program materials and instruction.

See class descriptions for starting times. Workshop concludes at 5:00 PM, on Saturday, November 20.

TO EXPEDITE REGISTRATION:

**FAX (Pages 4&5) OF THE COMPLETED FORM PRIOR TO MAILING - FAX # (334) 242-1880
FOR QUESTIONS OR ASSISTANCE CONTACT SYLVIA - (334) 353-5453
OR EMAIL (sylvia.payne@dcnr.alabama.gov)**

Mail completed form with check
made payable to ACNRF, Inc. to:

BOW Program
ATTN: Sylvia Payne
64 North Union Street Suite 106
Montgomery AL 36130

OAK
MOUNTAIN
STATE PARK

**THIS WORKSHOP IS LIMITED TO 40 PARTICIPANTS AGE 18 OR ABOVE.
ALL COURSES WILL BE FILLED ON A FIRST COME, FIRST SERVE BASIS.**



outdoor photography



backpacking



horseback riding



geocaching

☐ **Backpacking Hiking** - Limit: 10 Participants

***Prerequisite: Must have taken Backpacking/Hiking at BOW Event**

Experience an overnight camp atop one of Alabama's premiere state parks, with hikes to a scenic waterfall. The trip will consist of a two-mile hike to camping destination, and a two-mile return hike the following morning. Please be aware of physical activity involved in this course, along with any health conditions that might affect your involvement.

Clothing: (make sure you wear proper clothing to handle the elements)

- 1.) Warm clothing if it is cold: The night air can drop down drastically at higher elevations, along with nighttime temperatures 20 to 30 degrees lower than sunlight hours.
- 2.) Rain jacket and (waterproof pants optional) in case of damp air and wet environment.
- 3.) A good pair of boots and socks.

Gear: (Note: we will provide tents)

- 1.) Backpack large enough to hold your gear, and spare set of clothes, food and water.
- 2.) Sleeping bag (sleeping pad optional).

Food: A hotdog dinner will be provided, but please bring snacks. Breakfast and lunch will be provided on Saturday.

Water: Bring enough water, Gatorade, ect. that you will intake over a 12-hour period. Remember you will be drinking more than usual because of physical activity. Feel free to bring coffee pouches, hot chocolate packages, or tea, and we can boil water over fire to make warm beverages.

☐ **Geocaching** - Limit: 10 Participants

***Prerequisite: Must have taken Geocaching at BOW Event**

Oak Mountain State Park is home to more than 50 geocaches ranging from easy to hard in terrain and difficulty to find. We'll spend part of the class time finding caches. Ladies will also have the opportunity to make and hide a cache for fellow participants. After finding each other's caches, you'll be able to take yours home with you and hide it locally.

Novice geocachers will find the hiking in Oak Mountain just as challenging as the caching. This class will involve hiking several miles. You will also need your vehicle to get to different areas of the park where the caches are hidden.

Clothing: (Make sure you wear proper clothing to handle the elements)

- 1.) Warm gear
- 2.) Hiking Boots
- 3.) Rain gear

Gear: (What to bring)

- 1.) Fanny pack or backpack to hold pen, snack, and water.
- 2.) Please bring a hand-held GPS if you have one and know how to use that particular model.

NOTE: For those who do not own a GPS device, there are (7 available) on first come basis.

☐ **Horseback Riding** - Limit: 10 Participants

***Prerequisite: No Prerequisite for this Event**

This class will cover the safety and fundamentals of horseback riding. Instruction includes discussion of safe and unsafe practices of the equestrian world, demonstration of grooming tools, and how to apply the saddle and bridle correctly. Participants will fully groom their assigned horse; apply the saddle blanket, saddle and bridle; lead the horse safely through a brief demonstration; and unsaddle/unbridle the horse and return it to its stall. Safety instruction will end with a brief riding demonstration by your instructor, Paige Gobel. Before lunch, co-instructor Carolyn Hill will lead participants on a 45-minute trail ride on one of the many trails that wind through the 9,940-acre state park. The class will resume after lunch with a two-hour trail ride. This class will allow you to experience the beauty of Alabama's largest park, while helping you feel safe and confident the first time you sit in the saddle.

*Only prerequisite required: Must have attended a previous BOW Event

Clothing: (Make sure you wear proper clothing to handle the elements)

- 1.) Warm clothing if it is cold
- 2.) Rain jacket and (waterproof pants optional) in case of damp air and wet environment.
- 3.) Appropriate footwear; boots or tennis shoes.

Food: Meals beginning with Friday evening dinner, through Saturday lunch will be provided; however, we highly recommend that you bring snacks and bottled water.

☐ **Outdoor Photography** - Limit: 10 Participants

***Prerequisite: Must have taken Outdoor Photography at BOW Event**

This class will focus on the art of outdoor photography and what it takes to create photographs that communicate your vision. Learn basic techniques used in outdoor photography, including choosing a location, composition/shot conceptualization, the importance of natural lighting, flash and timing. Participants will also learn the basics of technical camera operation. Participants must bring their own Digital SLR camera (35mm) and lenses, associated cables, and camera manual. If you own a tripod and laptop with photo editing software please bring that along as well. Photo review by the instructor will also be a part of this class. Class will begin at 3 PM until dark-thirty on Friday, November 19 and resume Saturday morning at 5:30 AM. Remember to charge your batteries before you come!

Required Equipment:

Digital SLR Camera and Lenses
Memory Card/s
Camera Manual
Associated Camera Cables

Additional Equipment:

Camera Tripod (Highly Recommended)
Laptop (mac/pc) with photo editing software
Associated Computer Cables

**ONLY ONE CLASS PER PARTICIPANT. PLEASE NUMBER YOUR CHOICES (1-4),
AND YOU WILL BE ASSIGNED YOUR TOP NUMBER BASED ON AVAILABILITY**

☐ Backpacking / Hiking ☐ Geocaching ☐ Horseback Riding ☐ Outdoor Photography

Do you own a hand-held GPS and know how to use it? ☐ YES ☐ NO If NO, we can provide for up to seven participants.

REGISTRATION & MEDICAL HISTORY QUESTIONNAIRE

Name: _____

Email: _____ Phone: _____

Date of Birth: _____ Sex: _____

City/State/Zip: _____

Medical Ins. Co.: _____ Policy #: _____

Emergency Contact: _____ Phone: _____

Physician: _____ Phone: _____

ALL INFORMATION WILL BE KEPT CONFIDENTIAL

Note: Please check "yes" or "no" and provide additional details where required.

1. Are you allergic to any foods or stinging insects? No____ Yes____ List: _____

2. Are you allergic to any medication? No____ Yes____ List Medication: _____

3. Are you currently taking medication? No____ Yes____ List Medication: _____

4. Do you have, or have you ever had the following:

Hay fever: No____ Yes____

Fainting Spells: No____ Yes____

High Blood Pressure: No____ Yes____ List Medication: _____

Diabetes: No____ Yes____

Asthma: No____ Yes____ List Medication: _____

Seizures: No____ Yes____

Heart Disease: No____ Yes____

Lung Disease (emphysema, etc.): No____ Yes____

Hepatitis: No____ Yes____

Urinary infection: No____ Yes____

5. Have you ever had a hernia or rupture? No____ Yes____

6. Have you ever had a concussion or head injury? No____ Yes____ When: _____

7. Date of last tetanus inoculation _____

**THIS MEDICAL HISTORY QUESTIONNAIRE IS CORRECT AND
COMPLETE TO THE BEST OF MY KNOWLEDGE.**

Signature of Participant _____ Date _____

EMERGENCY MEDICAL AUTHORIZATION

The attached health history is correct to the best of my knowledge, and I am able to engage in all activities, except as specifically noted by me and a physician . In the event of an emergency, I hereby give permission to a physician to hospitalize, secure proper anesthesia, or to order injection or surgery, or other medical procedures required in an emergency situation.

I give consent for the Alabama Department of Conservation and Natural Resources, to provide medical attention, transportation, and emergency medical services as warranted by the circumstances.

I am in good physical condition, and am not aware of any disease or injury that would be aggravated or result in my being incapacitated or injured during any program participation except as signed herein.

Signature of Participant _____ Date _____

LIABILITY/MEDICAL RELEASE

For and in consideration of the opportunity to participate in the BEYOND **BOW** WORKSHOP, I hereby forever release from liability, (1) the Department of Conservation and Natural Resources, any of their officers, employees, or agents, (2) the sponsors of the aforesaid workshop, any of their officers, employees or agents (3) the landowner(s) where the event is located, any of their officers, employees or agents for any and all actions, causes of actions, or claims of any kind whatsoever, either for personal injury or otherwise, arising or resulting from my participation in the aforesaid workshop.

Signature of Participant _____ Date _____